



DATE: November 02, 2020

AGENDA ITEM # 3

**TO:** Senior Commission

**FROM:** Bridget Matheson, Los Altos, Staff Liaison  
Sarah Robustelli, The Town of Los Altos Hills, Staff Liaison

**SUBJECT:** Information and Announcements

**RECOMMENDATION**

Review information and announcements that the Town of Los Altos Hills and City of Los Altos are rolling out.

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**Los Altos Hills:**

**Ask for the Senior Commission to choose two of the following:**

**Title: “Essential Documents for Aging Seniors”**

Description: These are unusual and stressful times for sure. If you or someone you know does not have estate planning documents in order -- this program will provide a starting point to get that peace-of-mind. We will explain the various essential documents that all adults should have, including a Will, Trust, Power of Attorney, Advanced Health Care Directive, and HIPAA Waiver. We will walk through some of the resources, processes, and basic planning to get these documents in place before you or a loved one no longer has capacity to do so.

**Title: “Does Your Decade-Old Estate Plan Need a Tune-Up?”**

Description: If you are like most seniors, you got your estate planning documents done a couple decades ago. That is great, but a lot has changed since then. In this program, we will look at some of the key triggers that prompt a need to update an estate plan, including changes in health, wealth, family, new relationships, and of course the law. We will help you understand whether your existing estate planning might benefit from a tune-up or complete overhaul in one or more of these areas.

**Title: “Planning: Senior Care Options”**

Description: Are you (or do you have family members that are) aging quickly, but you are not sure what care options are available, especially now with the COVID-19 pandemic? Our presentation will help you prepare for issues such as dealing with a senior who may be resistant to help, family caregiver burnout, hiring in-home caretakers, knowing when home is no longer the best place, and moving into a senior community or board and care home. We

will also specifically address how these care options look different for aging seniors with the COVID-19 pandemic changing the game.

**Title: “Finding the Money: Paying for Elder Care”**

Description: Medicare does not pay for long-term care for seniors. This is a shocking realization for many. In this presentation, we will look at the problem many seniors face with dwindling finances and share with you various strategies to help dollars stretch and tap into public benefits, when needed.

**Title: “Planning for Diminishing Capacity”**

Description: Do not just plan for death – plan for life. In today’s world, it is becoming common for people to live many, many years with diminishing mental capacity. In this program, we will explain the common causes of diminishing capacity, legal strategies for planning ahead, and what to do if your loved one has already lost significant mental capacity. We will also provide tips for addressing safety issues such as wandering and driving, and communication.

**Title: “2020 Senior Scams”**

Description: With unemployment on the rise, it seems that crime of all types is ramping up in 2020. Seniors, in particular, are being targeted with scams promoting fake products and charities, COVID-19 cures, bogus stimulus payments, and many other fraudulent schemes. These scams are causing our seniors to lose a significant amount of income and assets, in a time when every penny may be needed to pay for care. This presentation will provide an overview of common scams aimed at seniors, provide tips to ward them off, and resources to aid seniors defrauded by these scams.

**Completed Halloween Activities:**

October 1<sup>st</sup> launched the **Virtual Costume Contest** [losaltoshills.ca.gov/costumecontest/](https://losaltoshills.ca.gov/costumecontest/)! This project is a collaboration with the Parks and Recreation Department, Los Altos Hills Youth Commission & Town Crier. Divisions include youth, adult, family, and pets! Start getting your costume ready to submit. Prizes include a featured in the Town Crier, Westwind Community Barn horseback Riding Lesson, and LAH apparel.

**Guess the Pumpkin’s Weight** began Friday, October 23<sup>rd</sup>. The LAH community is invited to visit Town Hall to view the resident donated pumpkin and submit their best guess as to its weight. Top three guess will be eligible for fun Town prizes. Participate at [losaltoshills.ca.gov/pumpkin](https://losaltoshills.ca.gov/pumpkin).

Town **Fall Photo Scavenger Hunt** has begun: [losaltoshills.ca.gov/scavengerhunt](https://losaltoshills.ca.gov/scavengerhunt). Items include visiting Bats on Blue, Giant Pumpkin, and Heritage Farm Display.

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**VOTE** for your favorite staff [Pumpkin Decorated Challenge](#) on Facebook. Staff had the option to decorate a pumpkin on their own time and enter into this festive challenge. Like your favorite(s) and top three with the most likes win. Likes will be counted on Monday, November 2<sup>nd</sup> at 10:00am

### **Holiday Activities:**

After the Town heard the Festival of Lights was canceled, staff reached out to partner with the Festival of Lights to provide a virtual holiday activity. Their board approved the idea at their September 21<sup>st</sup> meeting. The City of Los Altos has been confirmed and KMVT has agreed to film the content. This will be a **Joint Community Holiday Video**, including the **Virtual Barn Lighting**. It will start showing on KMVT on December 6, 2020 three times per week: Saturday at 7 pm, Sunday at 7 pm, and Wednesdays at 12 noon and available on our social media, Town website.

### **City of Los Altos:**

### **Hallow-Window Family Painting Update**

The Hallow-Window Family Painting Activity has come to an end. The window painting started on Thursday, October 15th and continued until Saturday, October 17th. There were 13 families who painted this year. LAVA and The Los Altos Chamber of Commerce also deserves acknowledgment because they helped by getting the word out to the community and local businesses.

### **Thank You To Businesses That Provided Windows and Were In Support Of This Activity**

Aldo's  
A Runner's Mind  
Baskin Robbins  
Hygia Nail and Spa  
IKB Design  
Kua Body  
Le Boulanger  
Lulu's  
Paper Whirl  
Pet's Delight  
Pompeii  
Skateworks  
Spot Pizza  
Uncommon Threads  
Webtown Drycleaners

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### **33<sup>rd</sup> Annual Gingerbread Exhibit**

The 33<sup>rd</sup> Gingerbread Exhibit (virtual this year!!!!) is coming soon. The deadline to enter a Gingerbread Creation is Monday, November 30, 2020 by 5:00pm. For more information about this activity please visit [www.LosAltosRecreation.org](http://www.LosAltosRecreation.org) or call 650-947-2790 for more details. To submit a Gingerbread Creation visit [www.bit.ly/gingerbreadcreationentry](http://www.bit.ly/gingerbreadcreationentry).

Holiday Classes will be

- 12/21-12/23
- 12/28-12/31
- 1/4-1/8

There have been a few additional new classes added! Currently there are 144 virtual classes (Art, fitness, science, meditation, dance, Line Dancing, etc.) and 42 outside sport in-person classes (Tennis, Golf, Some Soccer, Running, Football, etc.).

#### **Registration Link For Classes:**

<https://www.losaltosca.gov/recreation/page/view-all-classes-0>

#### **Virtual Recreation Center:**

<https://www.losaltosca.gov/recreation/page/virtual-recreation-center>

### **Senior Connection Hotline**

Recreation & Community Services staff are ready to assist seniors (50+) of the Los Altos and Los Altos Hills communities with COVID-19 updates as well as referrals, resources, and information about what services are available while being safe at home. Staff is available Monday through Friday from 9:00am to 1:00pm; please call (650) 947-2797 to get connected! From 1:00pm to 5:00pm, please call (650) 947-2790 for Senior Connection Hotline assistance.

**650-947-2797**

<https://www.losaltosca.gov/citymanager/page/senior-connection>.